



Workbook

VILLIANS

PARTS 1-3

MOM MASTERY UNIVERSITY

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MOM MASTERY UNIVERSITY WORKBOOK



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WELCOME TO THE COURSE

Ever feel like something's always holding you back? Like there's a dark force standing between you and the life God intended? Well, guess what, mama? We're going to face these villains head-on. Each week, we'll expose a new villain—the sins of the world that keep us from walking in faith and purpose. Ready to conquer what's been standing in your way? Let's get suited up for battle. It's time to defeat these villains and step into your God-given life!

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PART 2: LUST OF THE FLESH

What feels good to our flesh might be hurting our spirit more than we realize. That's why we're called to deny the flesh and live by the Spirit. The lust of the flesh includes more temptations than we think. You might be surprised to find out what's secretly holding you back!

VILLIAN: *Claude Frollo*

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keep up to date with our entire series by marking down all the Important dates you need to know! From live coaching to self-care day...

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PART 1 : LUST OF THE EYES

The lust of the eyes isn't a looking problem, it's a heart posture. How can we focus on the things of God when the temptations of the world keep us in slavery? We must renew our mind and redirect our focus.

VILLIAN: *The Evil Queen*

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PART 3: PRIDE OF LIFE

The pride of life blocks us from truly serving God, creating distance between us and others while limiting our impact. It's from the world, not the Father, and is passing away. But those who overcome pride and do God's will step into a life that lasts forever!

VILLIAN: *Maleficent*

KEY VERSE

**FOR *everything* IN THE WORLD—THE
LUST OF THE FLESH, THE LUST OF
THE EYES, AND THE PRIDE OF LIFE—
COMES NOT FROM *The Father* BUT
FROM THE WORLD. THE WORLD AND
ITS DESIRES PASS AWAY, BUT
WHOEVER DOES THE WILL OF GOD
LIVES *forever* .**

WHAT WILL YOU LEARN

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Welcome TO THE COURSE

Ever feel like something's always holding you back? Like there's a dark force standing between you and the life God intended? Well, guess what, mama? We're going to face these villains head-on. Each week, we'll expose a new villain—the sins of the world that keep us from walking in faith and purpose. But don't worry, we're not just talking about them—we're taking them down! Ready to conquer what's been standing in your way? Let's get suited up for battle. It's time to defeat these villains and step into your God-given life!

Here's what you will discover...

WELCOME TO THE COURSE

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- **Recognize the Hidden Traps:** Understand how the pride of life, lust of the eyes, and lust of the flesh subtly infiltrate your life, often without you realizing it.
- **Break Free from Worldly Desires:** Learn practical ways to overcome temptations that feed the flesh and cloud your spiritual walk.
- **Align Your Heart with God:** Discover how the posture of your heart influences your battle against the lust of the eyes, and how to refocus your desires on the things of God.
- **Develop Spiritual Discernment:** Learn how to discern between what's spiritually nourishing and what's destructive, even when it appears harmless or enticing.
- **Renew Your Mind:** Explore how to renew your thoughts daily to resist worldly temptations and live in alignment with God's Spirit.
- **Identify Destructive Patterns:** Uncover patterns in your life where the lust of the flesh may be silently undermining your spiritual growth.
- **Walk in Freedom and Purpose:** Experience the freedom that comes with overcoming worldly temptations and stepping fully into God's purpose for your life.

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A LETTER FROM KATIE

Hey, Master Moms!!

I'm Katie Lopez, and I'm SO excited to be leading this month's coaching, VILLAINS! This is such a special topic for me because it's helped me find true spiritual freedom, and I can't wait to share these principles with all of you!

A little about me—I'm a pastor, married to my wonderful, gym-obsessed husband, and mom to two busy boys, ages 4 and 6. My days are filled with superhero adventures, slime creations, and race car races! I'm also a special needs mom, and my heart is to support other moms like me who are walking that path.

I've been a team member of Mom Mastery University for 10+ years, focusing on marketing, operations, and website development. But coaching you amazing Master Moms? I am SO pumped for this change of pace!

And just for fun—I'm obsessed with espresso, interior design, online shopping, 90's rom-coms, Greek food, pumpkin spice everything, and teaching the Word of God! I believe wholeheartedly that a life with God changes everything, and I want everyone to experience that transformation.

This October is going to be a blast! We're diving into iconic villains and uncovering the hidden sins they represent in our own lives. Get ready for some serious breakthroughs and total freedom!

CHIEF OPERATING OFFICER AT MOM MASTERY UNIVERSITY

LET'S DO IT!



PART 1

Lust Of The Eyes

Scripture Focus:

"For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father, but is of the world."

1 John 2:16-17

Many of us live surrounded by the world's values, but what does it mean to be of the world? God gave us the world, so is the world really that bad? Let's break it down.

We all have physical values that our world revolves around—appearance, success, wealth, and pleasure. But as Christians, we are called to focus on spiritual values—godliness, self-control, kindness, and love.

Romans 12:2 encourages us not to be conformed to this world but to be transformed by renewing our minds. *The goal?* To discern the will of God, which is good, acceptable, and perfect.

"But How Can I Not Take Part in the World's Values When I Am Surrounded by the World?"

That's a great question! Jesus reminds us in John 15:18-19 that if we belong to Him, the world will hate us because we are not of it. As uncomfortable as that sounds, it's an indicator that we're following God's path, not the world's.

So, what's "of the world" that we're supposed to avoid?

- LUST OF THE FLESH
- LUST OF THE EYES
- PRIDE OF LIFE

Our focus in PART ONE is The LUST OF THE EYES.

What is the Lust of the Eyes?

It's the desire for what is seen, often leading to feelings of dissatisfaction with what we have. It began in the garden with Eve, when she saw the forbidden fruit, desired it, and took a bite. This pattern— **see → believe the lie → sin**— is still at work today.



PART 1

Lust Of The Eyes

VILLIAN: *The Evil Queen*

The Evil Queen is seen in the famous classic, Snow White, asking the question to her slave in the magic mirror, ““Magic Mirror on the wall, who is the fairest one of all?”

When she finally doesn't hear what she is looking for, it drives her utterly insane to the point of committing the most serious of sins, murder! Does she believe she is truly powerful by having a slave in the magic mirror to tell her exactly what she wants to hear? YES! But is she? Absolutely not. Little does she know, SHE is the slave because her lust for what she wants stole all her freedom and led her to a life of sin.

She is the perfect example of LUST OF THE EYES and how tragic the result is when we don't control it.

“The lust of the eyes isn't a looking problem, it's a heart posture. How can we focus on the things of God when the temptations of the world keep us in slavery? We must renew our mind and redirect our focus.”

Our eyes are a gateway to our mind, which influences our heart. Our heart, in turn, controls our actions.

Think about how looking in a mirror can distort your view. In our spiritual lives, the "mirror" of the world can debilitate and defeat us if we let it. Ultimately, this leads to destruction. When our eyes are fixed on our own lives and what we do or don't have, we become the slave in the mirror.

Controlling our desires and thoughts is key. 1 Corinthians 9:27 emphasizes the importance of discipline, with the Greek word *ὕπνωμιζω* meaning “to beat up.” Not that you are actually “beating yourself up” ... But that you are intentional on FIGHTING the toxic thought process of the lust of the eyes. We are to discipline our bodies and minds, bringing them under God's control.

"For the grace of God has appeared that offers salvation to all people. It teaches us to say 'NO' to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age."

Titus 2:11-12

PART 1

Lust Of The Eyes

The good news is **WE DON'T NEED TO DO THIS ALONE**. When we fully surrender to God and spend every day living in total truth, we are **FREE** from the pain that the lust of the eyes causes. There are 3 steps to total transformation

REPENT

Confess your sins, and God will forgive and cleanse you. Not only are our sins forgiven and forgotten... We are cleansed.

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

1 John 1:9

REFLECT

We must take time to reflect on the goodness God has supplied and the posture of our heart.

"Watch over your heart with all diligence, for from it flow the springs of life."

Proverbs 4:23

REIGNITE

Pray and stay alert, for the spirit is willing but the flesh is weak.

"Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak."

Matthew 26:41

As you walk in the world, remember that you are not of it. Let your eyes, heart, and mind be focused on what is above, not on what is temporary and fleeting. With God's grace, we can say "no" to the world and "yes" to a life aligned with His will.

[illegible]

NOTES:

Let's do the work

1. Where in your life do you feel most tempted to conform to the world's values instead of following God's guidance?

2. What is something you've seen or desired that has changed the way you feel about your life, your relationship with God, or your values?

3. This week, commit to a "Media Fast" for one day. Spend this time without any social media, news, or entertainment that feeds the world's values (TV, internet, etc.). Use that time to reflect on Romans 12:2 and journal about where you feel most tempted to conform to the world's standards. At the end of the day, ask God to renew your mind and reveal any changes He wants you to make in your thoughts, habits, or priorities. Without scrolling, have the "lust of the eyes" patterns changed in your life?

PART 2

Lust Of The Flesh

The Lust of the Flesh is more than just a single temptation; it's a powerful desire that gives birth to multiple sins. When left unchecked, it manifests itself through lust, gluttony, and sloth—each one targeting a different aspect of our spiritual and physical well-being. Lust of the Flesh is essentially any desire to satisfy our bodies' cravings outside of God's will. It draws our focus away from God and directs it towards gratifying our own selfish impulses.

Each of these sins entangles us in a different way:

Lust corrupts our relationships, turning people into objects of pleasure.

Gluttony traps us in cycles of overindulgence and dependency.

Sloth paralyzes us into inaction and keeps us from pursuing our God-given purpose.

All three are rooted in the Lust of the Flesh, and together they build a stronghold that can damage our lives spiritually, emotionally, and physically. But God provides a way out through His Word and the Armor of God. Understanding the dangers of these sins and actively resisting them is how we protect ourselves and walk in true freedom.



Lust: Desiring What is Not Ours

"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." — Matthew 5:28

Lust is a consuming desire for something or someone that is not ours to have. It goes beyond physical attraction and becomes a craving that distorts love and purity. It drives us to use others for our own gratification, eroding healthy relationships and turning God's gift of intimacy into a selfish act.

RED FLAG:

Lust leads to a destructive cycle of shame, secrecy, and distance from God. It turns our hearts away from purity and traps us in a cycle of dissatisfaction, guilt, and brokenness.

Armor of God Application:

Put on the Helmet of Salvation to protect your thoughts and keep them aligned with God's standards of purity. Use the Sword of the Spirit (God's Word) to resist temptation by speaking scripture over yourself.

PART 2

Lust Of The Flesh

Gluttony: Consuming Without Restraint

"Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags." — Proverbs 23:20-21

Gluttony is a lack of self-control in consuming what the flesh desires—food, material possessions, or even entertainment. It is the desire to fill a spiritual void with excessive consumption, which never satisfies. Gluttony becomes an escape, a distraction from dealing with deeper issues of the heart.

RED FLAG:

Overindulgence leads to physical, emotional, and spiritual health issues. It creates dependency, makes us feel numb, and distracts us from the purpose and callings God has for our lives.

Armor of God Application:

Wear the Breastplate of Righteousness to protect your heart and to make choices that reflect discipline and honor God. Let the Belt of Truth keep you grounded in God's Word, understanding that true satisfaction is found only in Christ.

Sloth: The Trap of Inaction and Indifference

"The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied." — Proverbs 13:4

Sloth is more than just physical laziness; it's spiritual apathy. It shows up as procrastination, a lack of purpose, and a refusal to engage in meaningful action. Sloth keeps us from investing in our own growth and robs us of experiencing God's fullness in our lives.

RED FLAG:

Sloth wastes our time, talents, and potential. It hinders our spiritual development and keeps us stuck in a cycle of guilt and regret. It also leads to anxiety and a lack of fulfillment, as we drift further from God's plan and design for our lives.

Armor of God Application:

Put on the Shoes of the Gospel of Peace to walk forward in your calling and resist stagnation. Hold up the Shield of Faith to protect yourself from the arrows of procrastination and indifference, trusting that God will empower you to act.

PART 2

Lust Of The Flesh

The Ultimate Danger: Combining Lust, Gluttony, and Sloth

When these three sins are active in our lives, they create a powerful stronghold that leaves us enslaved to our desires. We become disconnected from God's will, spiritually stagnant, and emotionally drained. Our lives become dominated by temporary pleasures instead of eternal purpose. This is the ultimate danger—being led further and further away from the fullness of life God designed for us.

Remember, you are not alone in this battle! The Lust of the Flesh is a villain that seeks to steal your joy, purpose, and peace. But God has equipped you with everything you need to fight back and stand firm. The Armor of God is your divine protection, guarding your thoughts, heart, and actions against these deadly traps. When you put on each piece—Truth, Righteousness, Peace, Faith, Salvation, and the Word of God—you are empowered to overcome every scheme the enemy throws at you. Be strong and courageous, knowing that God goes before you and fights alongside you.

"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil." — Ephesians 6:10-11

Stand firm, resist the enemy, and watch how God transforms your life!

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NOTES:

Let's do the work

1. Set aside 10-15 minutes each day to read scripture and pray. Choose verses that specifically address your struggles and speak them over your life. What areas in your life do you feel encouraged to target in prayer?

2. Pick one area—lust, gluttony, or sloth—that you want to focus on this week. Write down specific triggers and practical steps you will take to avoid those triggers.

3. Share your goal with a trusted friend or mentor who can pray with you, encourage you, and hold you accountable. Set a time to check in once a week and discuss your progress. Who comes to mind when you consider an accountability partner?

PART 3

Pride Of Life

“When pride comes, then comes disgrace, but with the humble is wisdom.” — Proverbs 11:2

The Pride of Life is a desire for recognition, power, or status that draws attention to ourselves rather than to God. It’s a subtle sin that creeps in when we begin to rely on our own achievements, compare ourselves to others, or refuse to admit when we are wrong. It places our focus on what makes us look good rather than what brings glory to God.

One of the best examples of the destructive power of pride is found in the story of King Nebuchadnezzar (Daniel 4). As a powerful ruler, he stood on his palace roof, admired all his accomplishments, and declared, “Is not this the great Babylon I have built by my mighty power and for the glory of my majesty?” (Daniel 4:30). God humbled him, stripping him of his power and sanity until he finally acknowledged that everything he had was because of God’s grace, not his own greatness.

Even Jesus, who had every right to be exalted, rejected pride when Satan tempted Him to take worldly power (Matthew 4:8-10). If Jesus resisted the Pride of Life, we too must be vigilant in recognizing it in ourselves and fighting against it.



Pride can manifest in three main ways: Self-Sufficiency, Comparison and Competition, and Refusal to Admit Fault. Here’s how each of these shows up in our lives and what we can do to overcome them.

1. Self-Sufficiency

Pride often shows up as self-sufficiency—the belief that we can handle life’s challenges on our own, without God’s help. It’s the attitude that says, “I don’t need anyone,” causing us to neglect prayer, dismiss God’s guidance, and rely solely on our own strength and wisdom.

Start Each Day with Surrender:

Begin each morning by surrendering your plans to God, asking Him to guide you throughout the day.

PART 3

Pride Of Life

Seek God's Guidance in Every Decision:

Before making decisions, pause and ask for God's wisdom. Use prayer and scripture to align your choices with His will.

Develop a Gratitude Practice:

Each evening, write down three things God did for you that day, reminding yourself that all good things come from Him.

"Lord, teach me to depend on You in all things. Help me recognize that I can do nothing apart from Your strength. Father, forgive me for trying to control my own life. Guide me in humility and help me submit my plans to You. Holy Spirit, remind me daily that You are my source and provider. Keep me anchored in You."

Comparison and Competition

Another way pride shows up is through comparison and competition. We find ourselves measuring our worth against others, striving to be better, or feeling envious of their success. This attitude shifts our focus from God's unique plan for us to the worldly race for status.

Bless Instead of Compare:

When you feel tempted to compare, choose to bless the person instead. Pray for their success and thank God for the gifts He's given them.

Limit Time on Social Media:

Set boundaries around social media to avoid environments that fuel comparison. Replace that time with prayer or scripture reading.

Celebrate Others' Wins:

Send a note of encouragement or offer a genuine compliment when others succeed. Rejoice in their blessings as if they were your own.

PART 3

Pride Of Life

“Lord, remove the spirit of comparison in me. Help me see others as You see them—with love and grace. Father, show me where I feel insecure and replace it with confidence in who You created me to be. Holy Spirit, help me celebrate the gifts in others and find joy in what You are doing in my life.”

Refusal to Admit Fault

Pride keeps us from admitting when we’re wrong, blinds us to our flaws, and prevents us from growing. It makes it hard to say “I’m sorry” and can lead us to shift blame, justify our actions, or become defensive when confronted.

Practice Immediate Confession:

When you realize you’re wrong, confess it right away—to God and to the person involved. Don’t delay.

Ask for Honest Feedback:

Seek feedback from a trusted friend or mentor about areas where pride may be holding you back.

Forgive Freely and Quickly:

Forgive others even if they don’t apologize. Holding on to offense is rooted in pride and hinders your spiritual growth.

“Lord, help me to see where I’ve gone wrong and give me the courage to confess and repent. Father, break down any prideful walls in my heart that keep me from growth and healing. Holy Spirit, fill me with humility so I can be quick to admit fault and seek reconciliation.”

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTES:

Let's do the work

1. Which of the three manifestations of pride (self-sufficiency, comparison, or refusal to admit fault) do you struggle with the most? Why do you think this is?

2. How has pride affected your relationship with God and with others?

3. What is one step you can take this week to practice humility and put God first in your thoughts and actions?

October

IMPORTANT DATES TO REMEMBER

VILLIANS: DATES TO REMEMBER!

OCT 04	Villians 1 goes live Inside Mom Mastery University
OCT 07	Elite Suite Live Coaching (12pmET)
OCT 08	NEW episode of the Crazy Blessed Podcast on Youtube @HannahKeeley
OCT 11	Villians 2 goes live Inside Mom Mastery University
OCT 14	Elite Suite Live Coaching (12pmET)
OCT 15	NEW episode of the Crazy Blessed Podcast on Youtube @HannahKeeley
OCT 18	Villians 3 goes live Inside Mom Mastery University
OCT 21	Elite Suite Live Coaching (12pmET)
OCT 22	Live Master Group Coaching (6pmET)
OCT 22	NEW episode of the Crazy Blessed Podcast on Youtube @HannahKeeley
OCT 25	Mandatory Self-Care Day inside Mom Mastery University - Post about your day inside our Facebook group!
OCT 28	Elite Suite Live Coaching (12pmET)

MOM MASTERY

Elite

MEMBERSHIP UPGRADE YOUR MEMBERSHIP

YOUR MEMBERSHIP UPGRADE

OUR MEMBERSHIP UPGRADE YOUR

MADE YOUR MEMBERSHIP

What Are Your Pain Points?
Select up to 5

ADDICTION ADHD ADOPTION

ADULT CHILDREN OF ALCOHOLICS

ANTICIPATORY GRIEF ANXIETY

BLENDED FAMILIES BODY IMAGE

BOUNDARIES BURNOUT BUSINESS

CLUTTER CODEPENDENCY

COMPARISON CONFIDENCE COUPLES

CRISIS MANAGEMENT DEATH DOULA

DEBT DEPRESSION

[View More](#)

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ARE
YOU IN
YET?



ARE YOU INSIDE MMU ELITE YET? LEARN MORE...

It's the greatest sorority on the planet. Hannah coaches live each Monday for everyone inside the Elite level to get accelerated and personalized results.

UNLOCK MEMBERSHIP FEATURES FOR YOUR GROWTH

Also, you get a personal Covenant Coach, who is trained in coaching the Mom Brain, assigned to you for a 1:1 session every other week! Remember, your mind is your greatest investment! Log into your account inside MMU and level up to Elite today. You're not just doing this for you. You're doing it for your family.

Being a part of MMU Elite goes beyond just personal growth; it creates a sense of belonging and support that extends to every aspect of your life. The community within MMU Elite is a network of like-minded individuals who share a common goal of nurturing not only their personal development but also fostering a positive impact on their families. The 1:1 sessions with your dedicated Covenant Coach provide a unique opportunity to delve deep into the intricacies of the Mom Brain, ensuring that you receive tailored guidance and strategies. As you level up to Elite, you're not just investing in yourself, but in the collective strength of a community that understands the importance of empowering mothers to become the best versions of themselves for the well-being of their families.

Elite Membership

READY TO UPGRADE?

**DON'T WAIT ANY LONGER, MAMA. YOU KNOW YOU DESERVE
EVERYTHING INSIDE ELITE! YOUR PERFECT COACH MATCH IS WAITING
FOR YOU. SIMPLY SCAN THIS CODE AND UPGRADE.**



**WWW.MOMMASTERY.COM
@MOMMASTERYUNIVERSITY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
are you registered for the 30-Day decluttering?	Spooktacular Purge .com	Post your family meal calendar	enjoy a latte (pumpkin spice?)	Watch a movie OUTSIDE under the stars!	New coaching inside MMU "Villains I"	Beta bouquet of fresh flowers (just because)
Deep Clean & Declutter ZONE 1	12pm ET Elite Group Coaching	Silly hairstyle (day! Everyone included)	make pumpkin cookies with the kids	National Handbag Day! Clean out yours!	New coaching inside MMU "Villains II"	You deserve a bubble bath!
Deep Clean & Declutter ZONE 2	12pm ET Elite Group Coaching	Family TOGA PARTY! (greek food is a MUST)	Are you taking your supplements? organize them!	Get some SEXY PJ's... (and surprise him)	New coaching inside MMU "Villains II"	TACO NIGHT!
Deep Clean & Declutter ZONE 3	12pm ET Elite Group Coaching	Send a thank-you note to a friend	Banana Splits for dinner!	Wear some sparkly jewelry! (you're a queen)	Self-care Day	spooky movie and popcorn night!
Deep Clean & Declutter ZONE 4	12pm ET Elite Group Coaching	6pm ET Master Group Coaching	YOU DID IT! The 30-Day decluttering	Print out the November MMU calendar	What is one thing you love about yourself?	
Zone 1 - kitchen, dining room, pantry, laundry	Zone 2 - living room, office, play room	Zone 3 - bathroom, bedrooms, closets	Zone 4 - garage, outside	Sister, you can do ALL THE THINGS! - Hannah		